What Is Claimed Is:

1. In a communication system receiver, a method of adjusting an outer loop threshold (OLT) for power control comprising:

obtaining a frame quality indicator; and

obtaining a channel quality metric Eb/Nt;

if the frame quality indicator is equal to a logic zero,

obtaining an average Eb/Nt (avgEbNt); and

using Eb/Nt and avgEbNt to calculate a stepsize used to increase the OLT.

2. The method of claim 1 wherein the stepsize is calculated using the equation upDelta = baseUpDelta · (Eb/Nt) / avgEbNt and wherein baseUpDelta is a predetermined scaling factor.

3. The method of claim 2 wherein the OLT is increased using the equation OLT(n) = OLT(n-1) X upDelta.

4. The method of claim 1 wherein the channel quality metric Eb/Nt is calculated using the equation $Eb/Nt = (\sum_{i=1}^{N} sgn(Out(i)) \cdot In(i))^2 / (\sum_{i=1}^{N} In(i)^2 - (\sum_{i=1}^{N} sgn(Out(i)) \cdot In(i))^2)$.

5. In a communication system receiver having a target frame error rate (tFER), a method of adusting an outer loop threshold (OLT) for power control comprising:

obtaining a frame quality indicator; and

if the frame quality indicator is equal to a logic one for an adaptively determined amount of consecutive frames, decreasing the OLT.

6. The method of claim 5 further comprising using the frame quality indicator to calculate a measured frame error rate (mFER) and wherein the amount of frames is adaptively determined using the equation

adaptively determined amount of frames = $mFER/tFER^2$.

7. The method of claim 5 further comprising the steps of:

obtaining channel quality metrics Eb/Nt;

obtaining an average Eb/Nt (avgEbNt);

obtaining a minimum Eb/Nt (minEbNt); and

using avgEbNt and minEbNt to calculate a stepsize used to decrease the OLT.

8. The method of claim 7 wherein the stepsize is calculated using the equation dnDelta = baseDnDelta · avgEbNt / minEbNt and wherein baseDnDelta is a predetermined scaling factor.

9. The method of claim 8 wherein the OLT is decreased using the equation OLT(n) = OLT(n-1) / dnDelta.

10. In a communication system receiver having a target frame error rate (tFER), a method of adjusting an outer loop threshold (OLT) for power control comprising:

obtaining a frame quality indicator;

if the frame quality indicator is not equal to a logic zero and the frame quality indicator is not equal to a logic one for an adaptively determined amount of consecutive frames, adjusting the OLT according to a comparison of a fadeDepth(i) and a fadeDepth(i-1).

11. The method of claim 10 wherein the OLT is adjusted using the equation $OLT(i) = OLT(i-1) \cdot floatDelta$, when $fadeDepth(i) > fadeDepth(i-1)$.

12. The method of claim 10 wherein the OLT is adjusted using the equation $OLT(i) = OLT(i-1) / floatDelta$, when $fadeDepth(i) < fadeDepth(i-1)$.